



78-day shadow workbook

The workbook is designed to help you understand yourself.
Its rhythm is tuned by the core cosmic bodies.

Daily structure:

- During the day: Read the focus point. Notice, don't judge, reflect. (Journal if you want.)
- Evening: Read the question and journal the answer. (First thought is the right one, even if it feels raw or uncomfortable. Pour it all out.)
- Additional recommendation 1: Meditate with the frequency linked to the week's cosmic body. (5 minutes minimum, longer is better. Frequencies can be found online or tuned manually in relevant apps.)
- Additional recommendation 2: Pull a physical Tarot card and reflect on how it resonates with the day. Remove this card from the deck to keep pace with 78 days. (The only proper Tarot deck is the one that you chose.)

Tips:

- Look for other 78s.
- Commit daily. Embrace regularity, forget perfection.
- We take no responsibility for what you discover and do with this knowledge.
- There is no right or wrong way to journey.
- There is no dogma.



Week 1 / Mercury / 141.27 Hz

Day 1

During the day: Notice when you criticize yourself.

Evening: What criticism surprised you most?

Additional notes:

Day 2

During the day: Notice when you avoid speaking your own truth.

Evening: What truth are you most afraid to express?

Additional notes:

Day 3

During the day: Notice when you use words to influence or control others.

Evening: What truth have you most often hidden behind words?

Additional notes:

Day 4

During the day: Notice when you gossip.

Evening: What need does gossip cover for you?

Additional notes:

Day 5

During the day: Notice when you doubt your own intelligence.

Evening: When did you first doubt yourself?

Additional notes:

Day 6

During the day: Notice when you get pulled into distractions.

Evening: What are you trying not to face when you distract yourself?

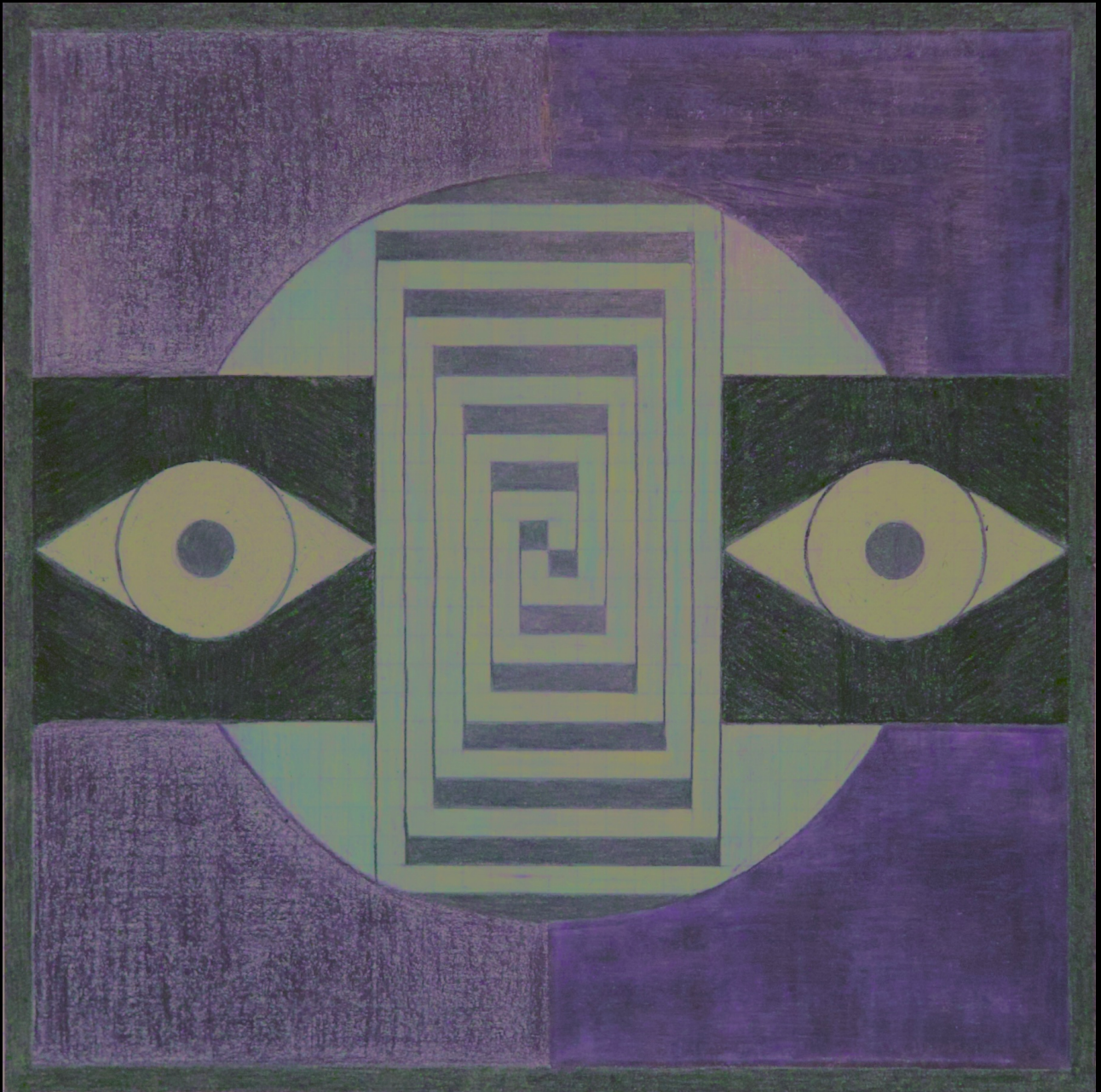
Additional notes:

Day 7

During the day: Notice when you lie to yourself.

Evening: What is the deepest lie you tell yourself?

Additional notes:



Week 2 / Venus / 221.23 Hz

Day 8

During the day: Notice when you feel jealousy.

Evening: What insecurity hides beneath your jealousy?

Additional notes:

Day 9

During the day: Notice when you fear rejection in interactions.

Evening: What rejection have you never recovered from?

Additional notes:

Day 10

During the day: Notice when you seek external validation.

Evening: Whose approval do you crave most?

Additional notes:

Day 11

During the day: Notice your relationship with beauty in yourself and others.

Evening: When did you first see your body as not enough?

Additional notes:

Day 12

During the day: Notice when you withhold pleasure from yourself.

Evening: What emotion do you try to control by denying pleasure?

Additional notes:

Day 13

During the day: Notice when you attach to someone or something.

Evening: What are you most afraid of losing?

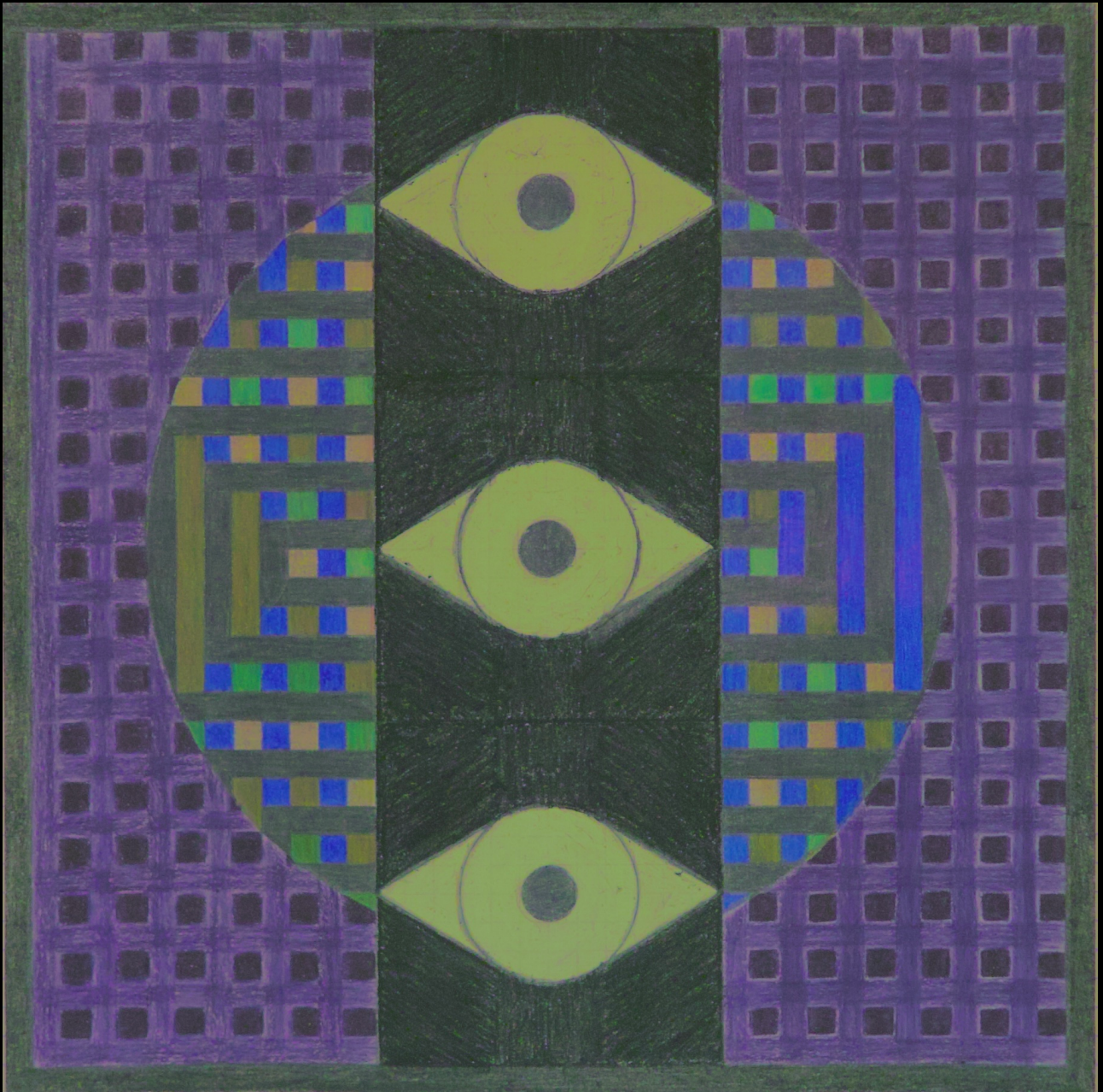
Additional notes:

Day 14

During the day: Notice when you experience true sensual pleasure.

Evening: When did you first feel guilty about enjoying something?

Additional notes:



Week 3 / Earth / 194.18 Hz

Day 15

During the day: Notice how connected you feel to your body.

Evening: Which part of your body feels most alive, and which feels empty?

Additional notes:

Day 16

During the day: Notice your bodily instincts.

Evening: What does your body know that your mind avoids?

Additional notes:

Day 17

During the day: Notice your relationship with the natural world.

Evening: Which element of nature mirrors your state?

Additional notes:

Day 18

During the day: Notice your relationship with material possessions.

Evening: Which objects do you use to define yourself?

Additional notes:

Day 19

During the day: Notice where you feel truly safe.

Evening: What is home for you?

Additional notes:

Day 20

During the day: Notice when you act with gratitude.

Evening: What did today feel worth thanking?

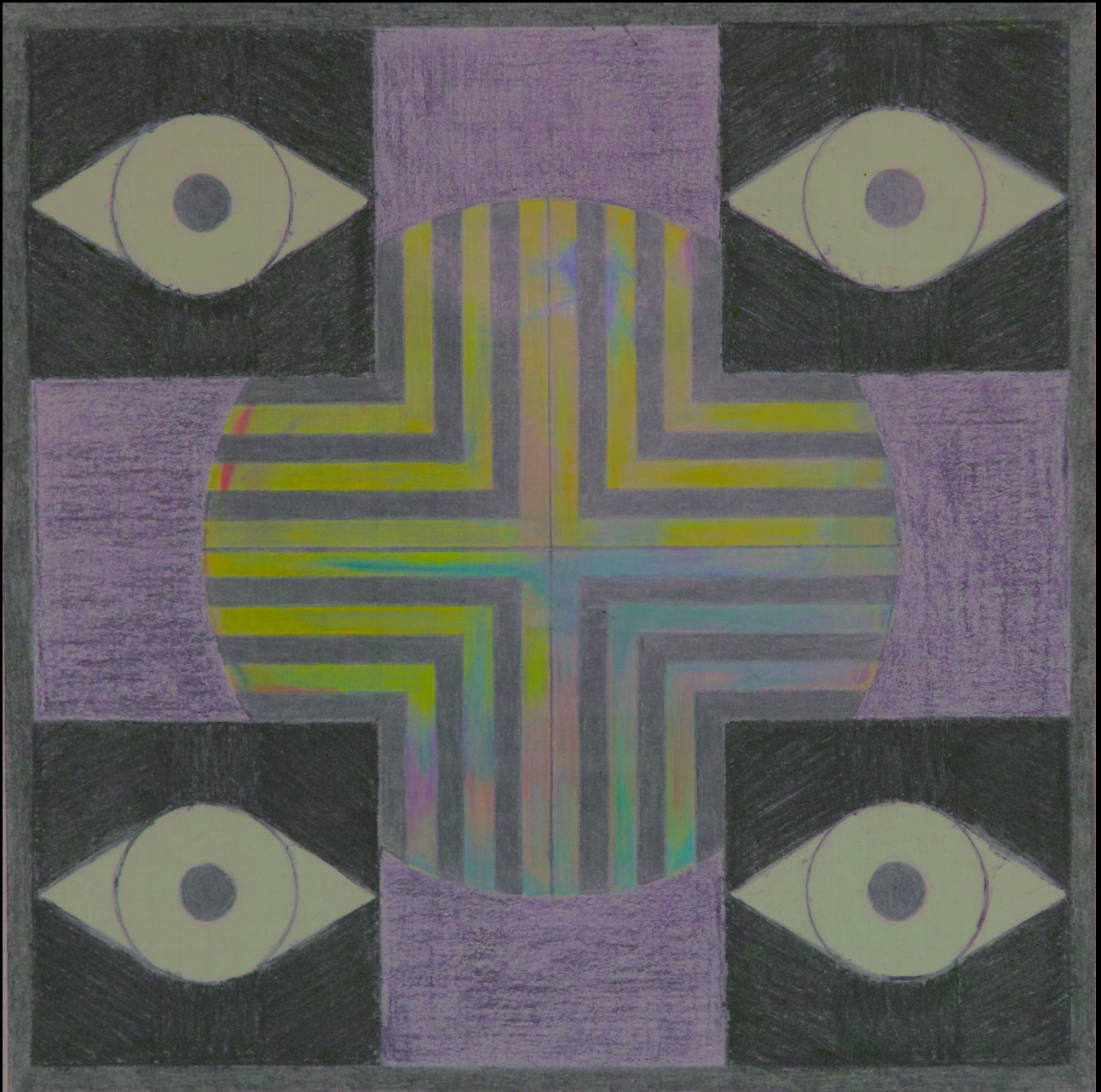
Additional notes:

Day 21

During the day: Notice your physical and environmental footprint.

Evening: How does the space you shape reflect who you are becoming?

Additional notes:



Week 4 / Mars / 144.72 Hz

Day 22

During the day: Notice when you feel anger or frustration.

Evening: What wound fuels your anger most often?

Additional notes:

Day 23

During the day: Notice when you feel competitive.

Evening: What fear drives your need to win?

Additional notes:

Day 24

During the day: Notice when you feel powerless.

Evening: What would collapse if you stopped holding on?

Additional notes:

Day 25

During the day: Notice your physical energy.

Evening: Which emotions drain you most?

Additional notes:

Day 26

During the day: Notice when you act with assertiveness.

Evening: When do you hold back?

Additional notes:

Day 27

During the day: Notice what you desire.

Evening: What would you dare ask for if your wish could come true?

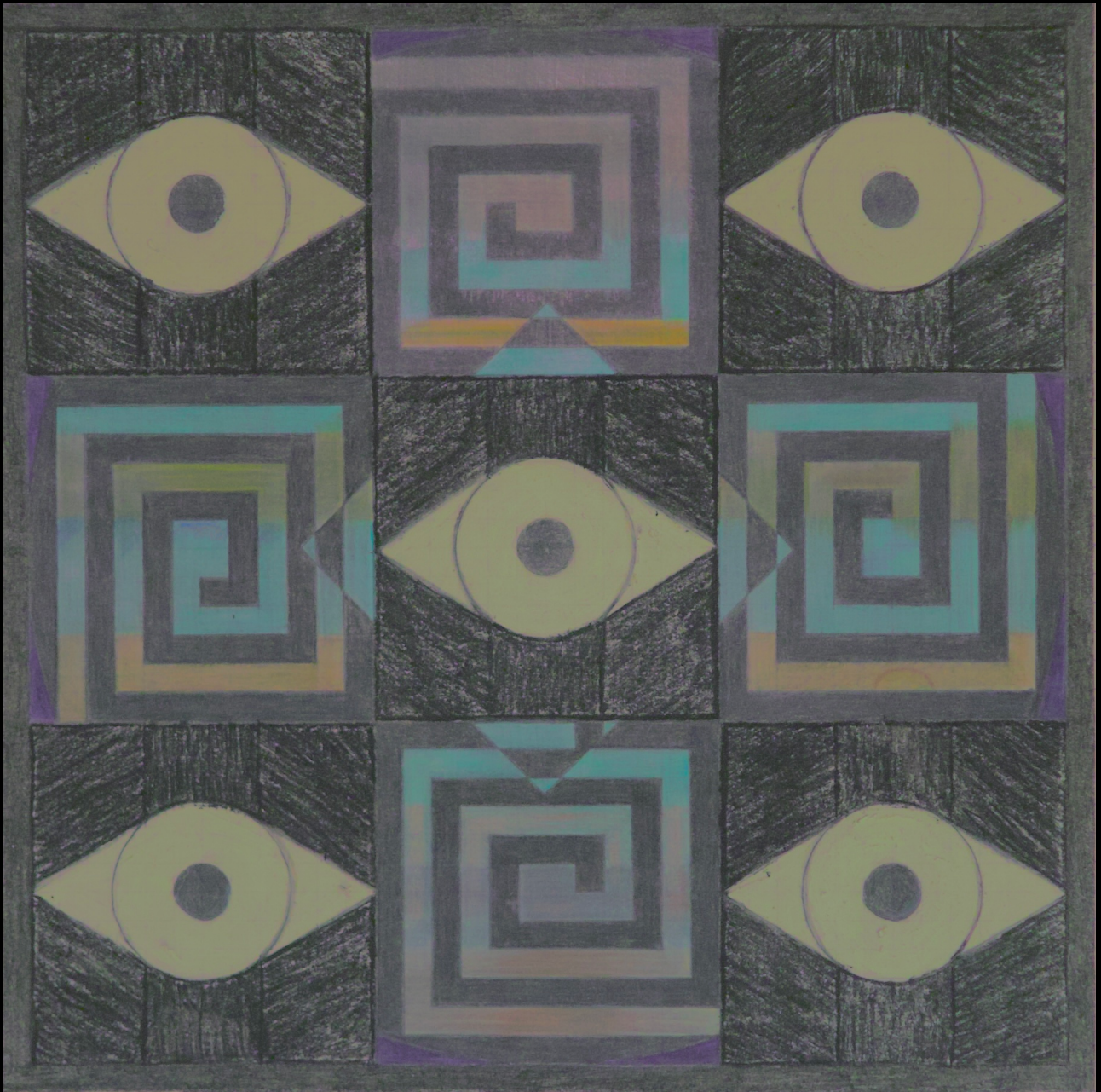
Additional notes:

Day 28

During the day: Notice when you act with courage.

Evening: What fear did you face today?

Additional notes:



Week 5 / Jupiter / 183.58 Hz

Day 29

During the day: Notice where you limit your potential.

Evening: What belief about yourself feels too small?

Additional notes:

Day 30

During the day: Notice how you respond to wealth, success, and freedom.

Evening: What would you lose if you expanded?

Additional notes:

Day 31

During the day: Notice when you think, communicate, or act with arrogance.

Evening: Where did you learn arrogance?

Additional notes:

Day 32

During the day: Notice when you feel a sense of higher purpose.

Evening: What collapses your faith?

Additional notes:

Day 33

During the day: Notice when you fear success.

Evening: What part of you resists receiving?

Additional notes:

Day 34

During the day: Notice when you feel joy.

Evening: What did joy change in you that fear never could?

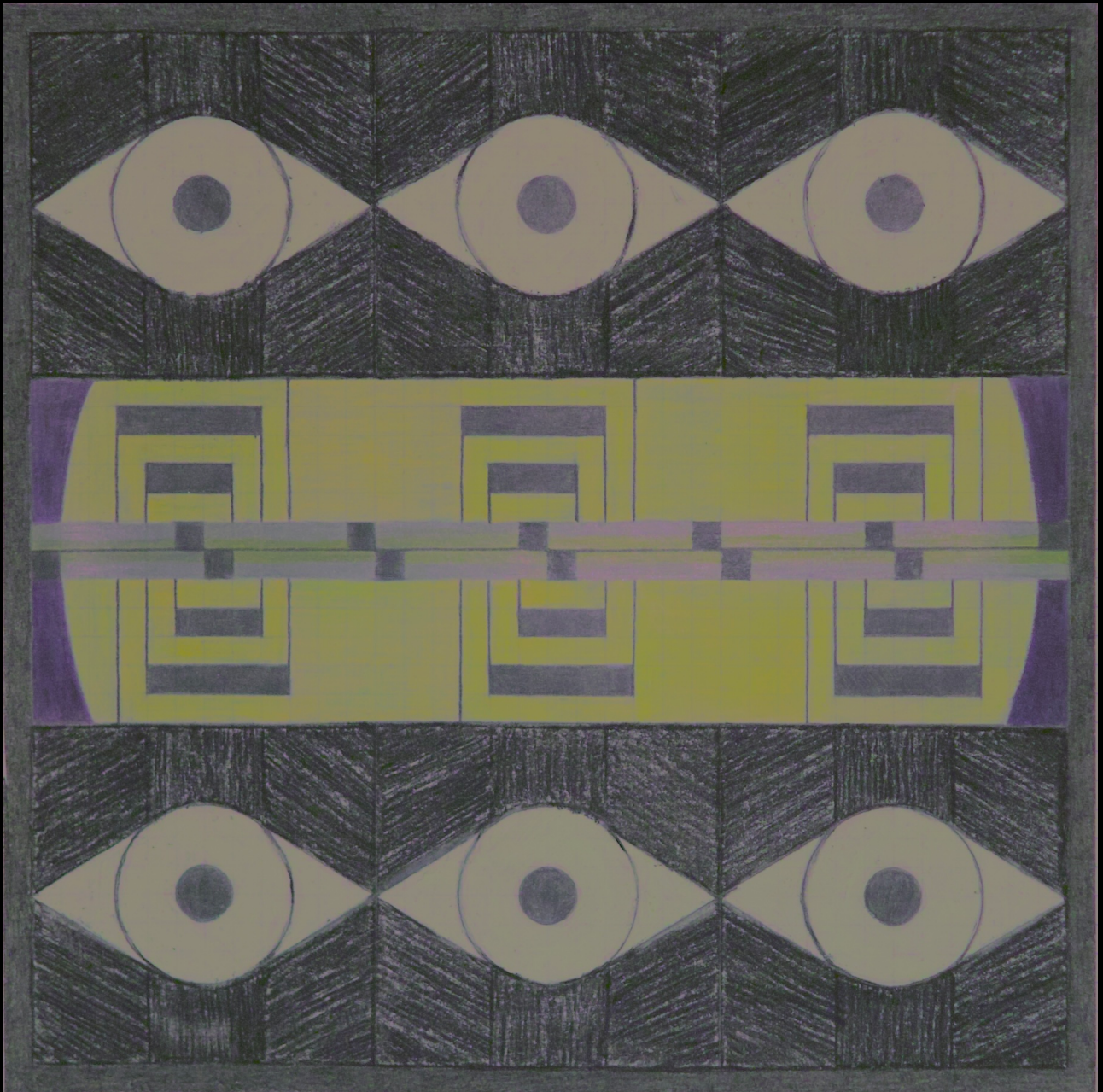
Additional notes:

Day 35

During the day: Notice when you act with generosity.

Evening: What do you hope to get when you give?

Additional notes:



Week 6 / Saturn / 147.85 Hz

Day 36

During the day: Notice when you fear failure.

Evening: Which failure still chains you?

Additional notes:

Day 37

During the day: Notice when you feel guilt or shame.

Evening: What social norm feels outdated?

Additional notes:

Day 38

During the day: Notice when you feel rigid and resistant to change.

Evening: What structure would you like to build?

Additional notes:

Day 39

During the day: Notice responsibilities you carry.

Evening: Which burden can you leave behind?

Additional notes:

Day 40

During the day: Notice when you deny yourself.

Evening: Which dogma do you obey against yourself?

Additional notes:

Day 41

During the day: Notice your relationship with authority.

Evening: What do you expect others to carry for you?

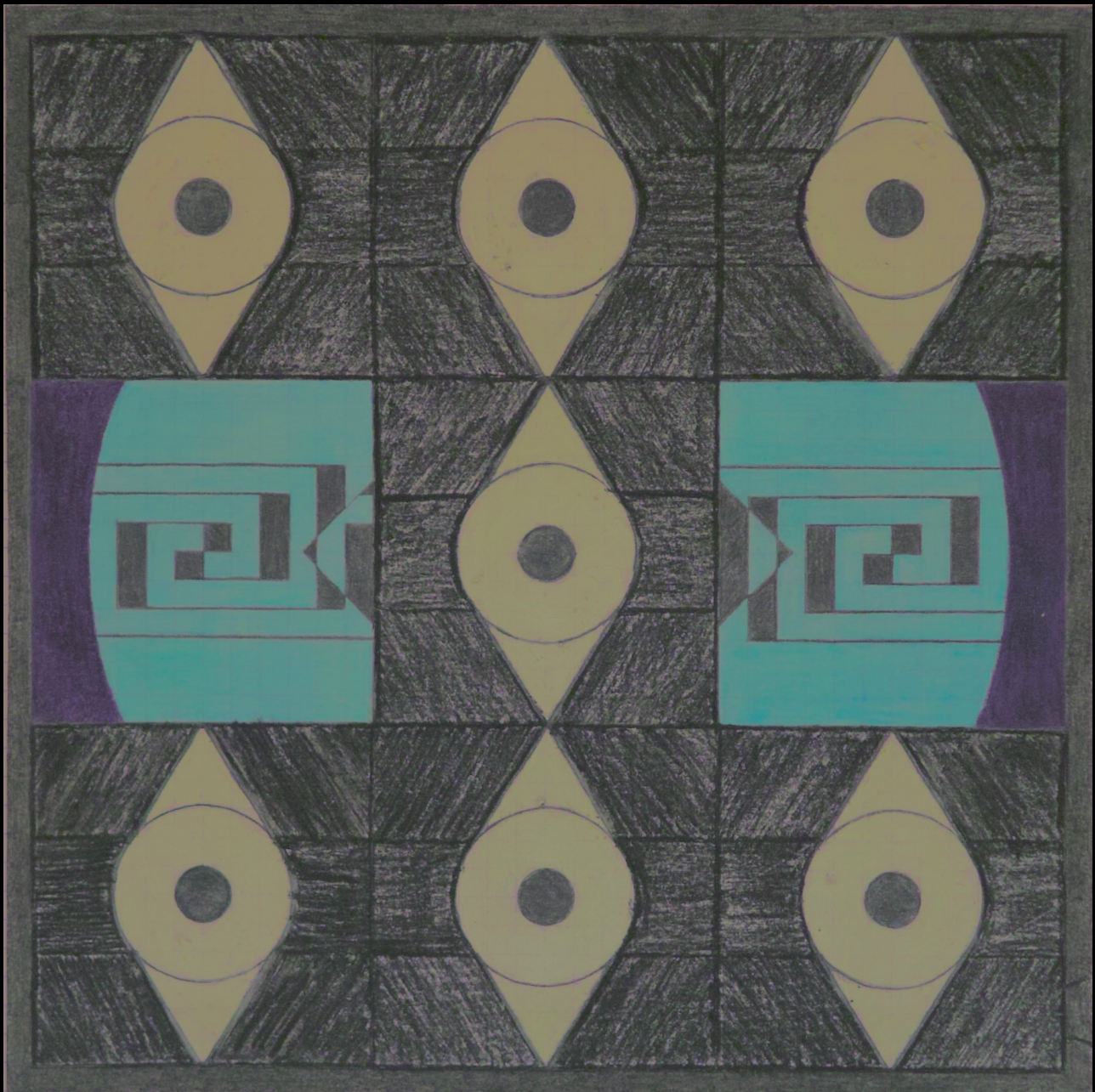
Additional notes:

Day 42

During the day: Notice how disciplined or undisciplined you feel.

Evening: What have you been putting off for too long?

Additional notes:



Week 7 / Uranus / 207.36 Hz

Day 43

During the day: Notice when you suppress your uniqueness.

Evening: What super-power would you like to have?

Additional notes:

Day 44

During the day: Notice how you react to sudden changes.

Evening: What about uncertainty scares you most?

Additional notes:

Day 45

During the day: Notice when you feel the impulse to rebel.

Evening: What rebellion of yours reshaped you most?

Additional notes:

Day 46

During the day: Notice when you feel authentic.

Evening: What part of your authentic self do you value most?

Additional notes:

Day 47

During the day: Notice when you resist unpredictability.

Evening: What safety net do you cling to?

Additional notes:

Day 48

During the day: Notice when you feel detached.

Evening: When do you disconnect to protect yourself?

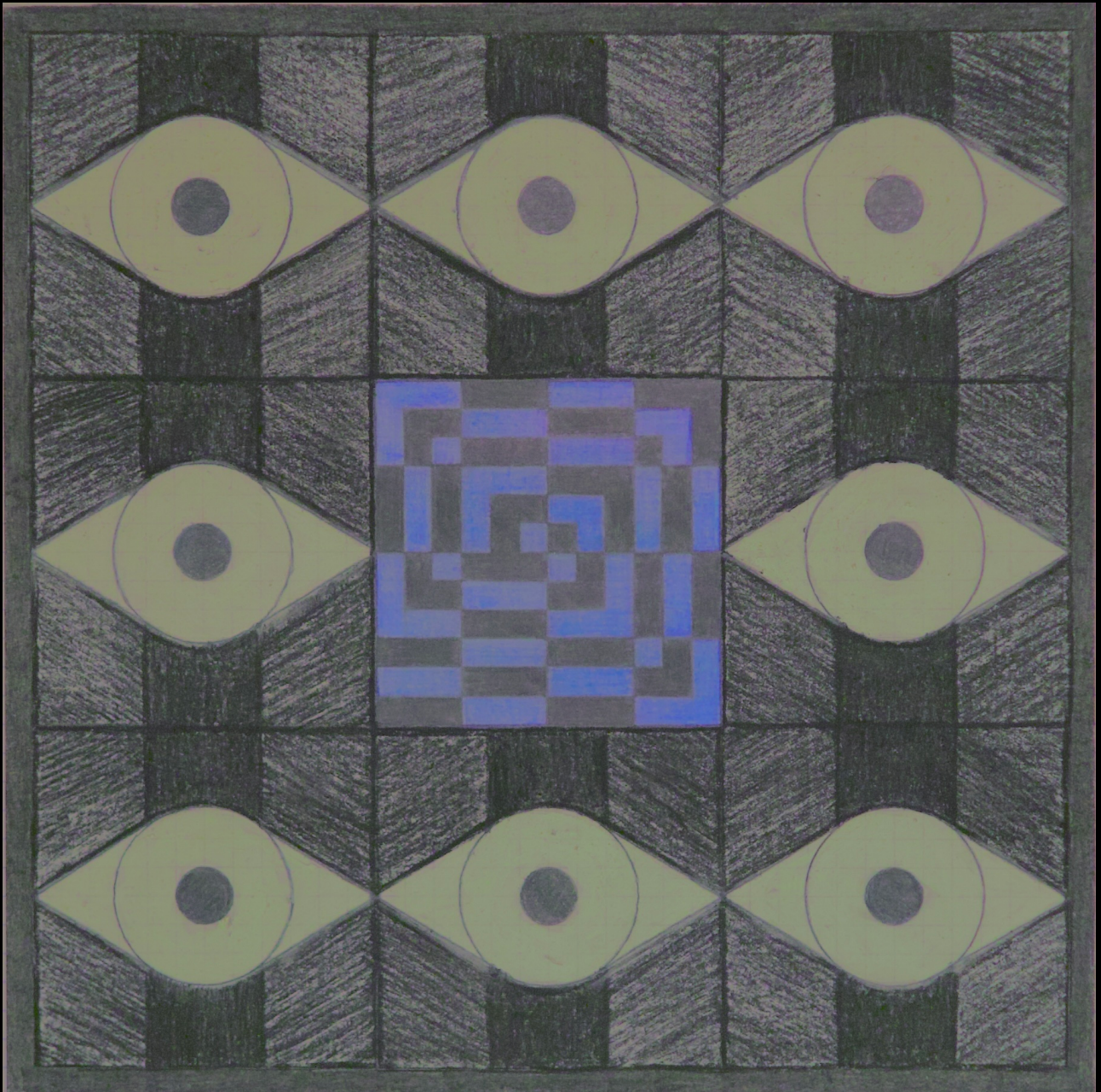
Additional notes:

Day 49

During the day: Notice when you feel innovative.

Evening: What feels new in you?

Additional notes:



Week 8 / Neptune / 211.44 Hz

Day 50

During the day: Notice when you want to escape.

Evening: What reality are you avoiding?

Additional notes:

Day 51

During the day: Notice when you dream away.

Evening: What bridges your dreams and everyday life?

Additional notes:

Day 52

During the day: Notice when you face illusions.

Evening: What have you convinced yourself could never be real?

Additional notes:

Day 53

During the day: Notice when you follow your intuition.

Evening: What stops you from following your inner voice more often?

Additional notes:

Day 54

During the day: Notice when you feel compassion.

Evening: How does compassion empower you?

Additional notes:

Day 55

During the day: Notice when you feel confused.

Evening: Why didn't the unknown scare you as a child?

Additional notes:

Day 56

During the day: Notice how you experience spirituality.

Evening: What is sacred for you?

Additional notes:



Week 9 / Pluto / 140.25 Hz

Day 57

During the day: Notice fears related to endings.

Evening: What ending are you resisting?

Additional notes:

Day 58

During the day: Notice your relationship with control.

Evening: Which part of yourself do you keep on a tight leash?

Additional notes:

Day 59

During the day: Notice your obsessions.

Evening: What hidden desire influences your behavior?

Additional notes:

Day 60

During the day: Notice when you feel loss.

Evening: Which loss have you not fully grieved?

Additional notes:

Day 61

During the day: Notice how you transform.

Evening: What has transformed in you since this journey began?

Additional notes:

Day 62

During the day: Notice your self-sabotaging patterns.

Evening: Which self-sabotage in others mirrors your own?

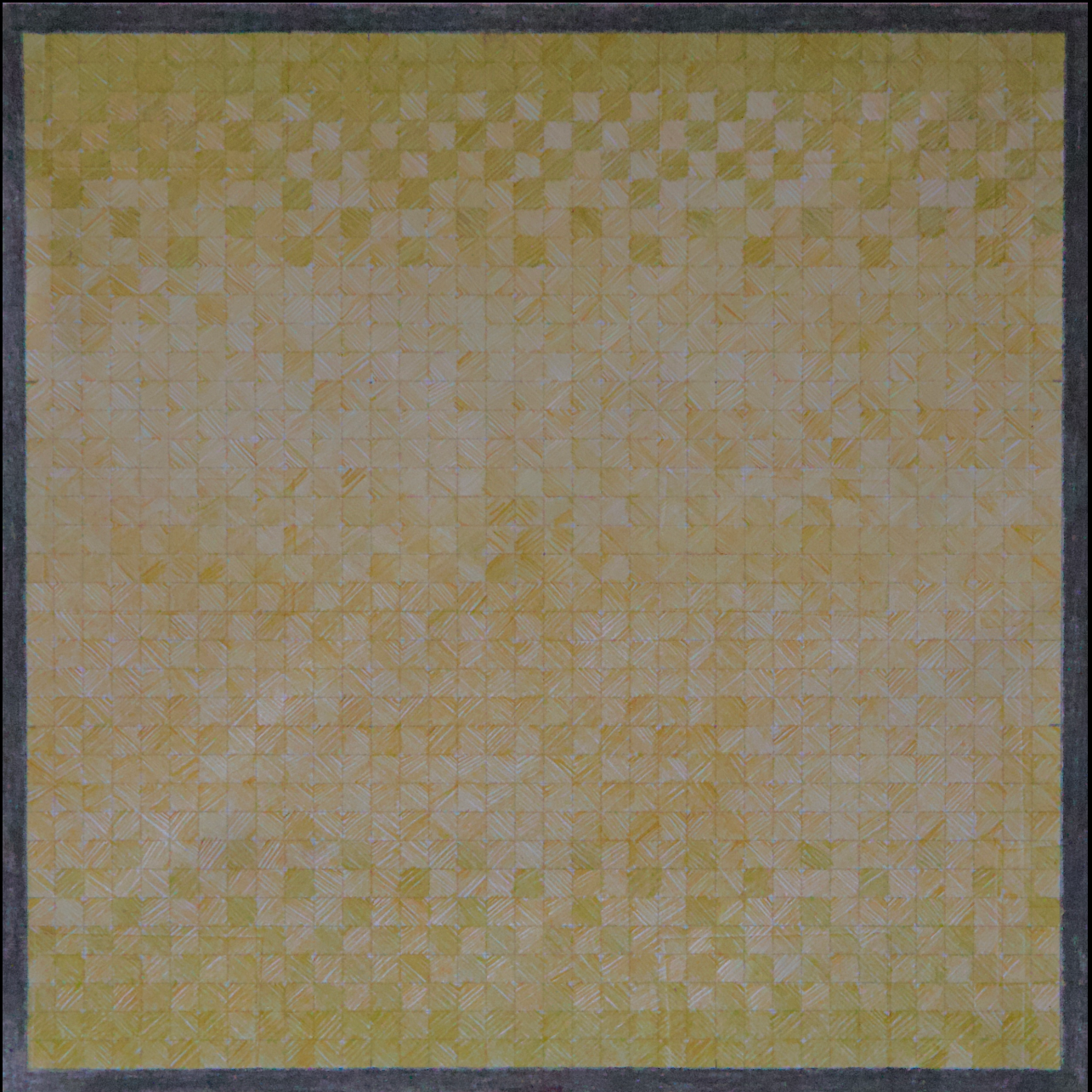
Additional notes:

Day 63

During the day: Notice what you have not noticed before.

Evening: Why do you see more than before?

Additional notes:



Week 10 / Sun / 126.22 Hz

Day 64

During the day: Notice when you feel truly confident.

Evening: What has changed in how you speak to yourself?

Additional notes:

Day 65

During the day: Notice whether you have clarity of identity.

Evening: What mission feels true to your core now?

Additional notes:

Day 66

During the day: Notice your creative sparks.

Evening: What do you want to start creating?

Additional notes:

Day 67

During the day: Notice when you are visible today.

Evening: What does it mean to be seen and not hide?

Additional notes:

Day 68

During the day: Notice how you act when you feel purposeful.

Evening: Which purpose no longer feels yours?

Additional notes:

Day 69

During the day: Notice when your inner authority is speaking.

Evening: What can you now say out loud without hesitation?

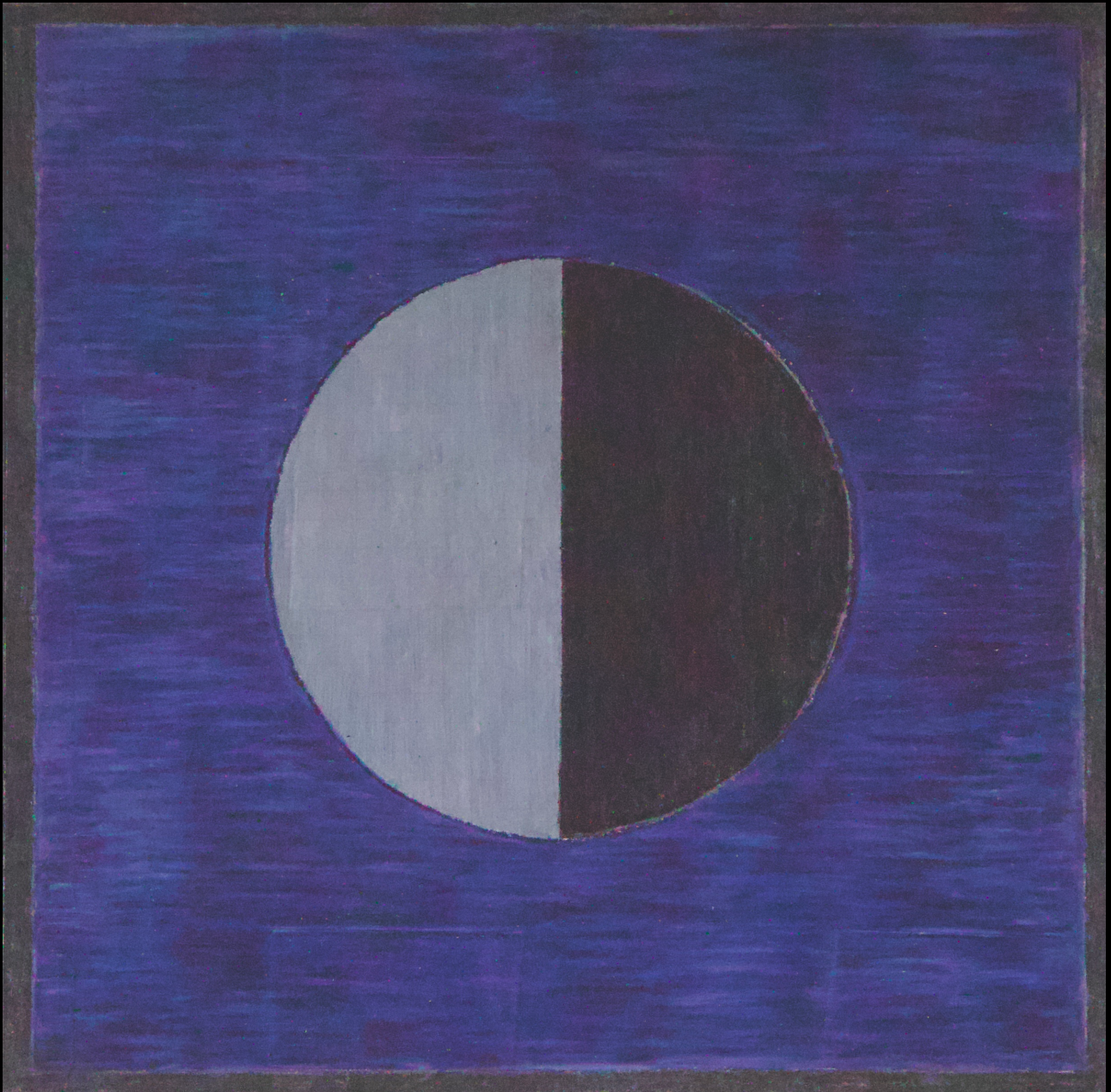
Additional notes:

Day 70

During the day: Notice when you feel present.

Evening: How much of your day do you live without presence?

Additional notes:



Week 11 / Moon / 210.42 Hz

Day 71

During the day: Notice when you feel emotional.

Evening: How do you respond to unexpected emotions?

Additional notes:

Day 72

During the day: Notice your unconscious responses.

Evening: What insight today felt true?

Additional notes:

Day 73

During the day: Notice the symbols around you.

Evening: What does the bridge symbolize for you?

Additional notes:

Day 74

During the day: Notice when you feel vulnerable.

Evening: Where does your need to protect the oppressed come from?

Additional notes:

Day 75

During the day: Notice when you face circling fears.

Evening: How do you treat discomfort in yourself?

Additional notes:

Day 76

During the day: Notice when you face the outdated patterns.

Evening: Which memory can you now hold without breaking?

Additional notes:

Day 77

During the day: Notice the difference between what once felt like effort and what now feels effortless.

Evening: What have you discovered about yourself?

Additional notes:

Week 12 / You

Day 78

During the day: Notice when you don't wear a mask.

Evening: Who are you?

Additional notes:

Outro:

This is the end of the structure but not of the change. If you want to continue, do it from where you stand, not from where you began.

If you share the workbook, let the others choose it with full awareness.

There is no ceremony.

Let yourself be emptied.

Let yourself be full.

Let yourself be.

Now begin.